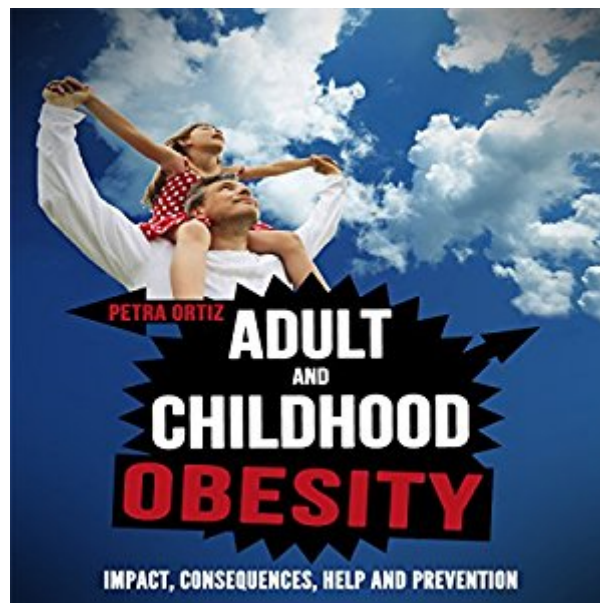




The book was found

# Adult And Childhood Obesity: Impact, Consequences, Help And Prevention



## Synopsis

Are you ready to get yourself and or your child out of the clutches of obesity for good? This audiobook provides detailed information to help the obese, and their parents, to prevent and deal with obesity in children. Includes information on what parents can do now to prevent obesity, and how to help an already obese child, including 8 steps to making changes 'now'.

## Book Information

Audible Audio Edition

Listening Length: 1 hour and 38 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Petra Ortiz

Audible.com Release Date: October 16, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00OL8IER8

Best Sellers Rank: #109 in Books > Medical Books > Medicine > Internal Medicine > Bariatrics  
#817 in Books > Audible Audiobooks > Health, Mind & Body > Health #1210 in Books > Audible Audiobooks > Science > Medicine

## Customer Reviews

Obesity is an ongoing and increasing concern in societies, and especially so in the US. According to the Centers for Disease Control, from 1980 to 2012 the number of obese children, ages 6 to 11, increased from 7% to 18%, and the number of obese teens ages 12 to 19, increased from 5% to 21%. This means that 31.8% adolescents and children are either overweight or obese. If we look at the numbers, it's clear that we have to be very aware of what our children are eating and how we can either prevent obesity or work towards helping them lose weight. As the book states, obesity not only has physical consequences, but also emotional and psychological implications.

Unfortunately, it is still a social stigma and it is not uncommon to be the object of bullying just for being obese. In *Adult and Childhood Obesity: Impact, Consequences, Help and Prevention*, author Petra Ortiz describes in detail every aspect that a parent or adult should know about obesity. The book is very well researched and includes just the right amount of statistical data, as well as weight loss options that range from behaviours, nutrition, as well as fitness and exercise plans. It even covers some of the surgery options available. In all, it is not only a book for those that wish to

overcome obesity, but also for any concerned parent or adult that wished to prevent obesity and lead a healthy life.

[Download to continue reading...](#)

Adult and Childhood Obesity: Impact, Consequences, Help and Prevention Overcoming Teen Obesity: How To Reverse Teen And Childhood Obesity Today Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Obesity in Childhood and Adolescence: Volume 1, Medical, Biological, and Social Issues (Child Psychology and Mental Health) Fast Food Rebellion - Whipping Childhood Obesity Into Shape Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Impact Mapping: Making a Big Impact with Software Products and Projects IMPACT Mathematics, Course 3, Spanish Student Edition (ELC: IMPACT MATH) (Spanish Edition) Abandoned Parents: The Devil's Dilemma: The Causes and Consequences of Adult Children Abandoning Their Parents Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series) Adult Romance: Adult Bedtime Short Stories - Sultry XXX Romantic Billionaire Romance, Mail Order Bride Historical Romance, Western, Alpha Male Love, New Adult, Victorian Romance, Bedtime Anthology Childhood Illness and the Allergy Connection: A Nutritional Approach to Overcoming and Preventing Childhood Illness Psicologia desarrollo / The Developing Person Through Childhood and Adolescence: Infancia y adolescencia / Childhood and Adolescence (Spanish Edition) Movement and Experimentation in Young Children's Learning: Deleuze and Guattari in Early Childhood Education (Contesting Early Childhood) The ABCs of the ADA: Your Early Childhood Program's Guide to the Americans with Disabilities Act Your Early Childhood Programs' Guide to the Americans with Disabilities Act Fundamentals of Early Childhood Education with Enhanced Pearson eText -- Access Card Package (8th Edition) (What's New in Early Childhood Education) Children at Risk: Assessment, Longitudinal Research, and Intervention (Prevention and Intervention in Childhood and Adolescence) Chinese Pediatric Massage Therapy: A Parent's and Practitioner's Guide to the Treatment and Prevention of Childhood Disease Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness)

Contact Us

DMCA

Privacy

FAQ & Help